

PST/INTERVIEWS FOR SUBASE BANGOR, WA

2004

JAN 14 th /28 th	FEB 11 th /25 th	MAR 10 th /24 th	APRIL 14 ^h /28 th
MAY 12 th /26 th	JUN 9 th /30 th	JUL 14 th /28 th	AUG 11 TH /25 TH
SEPT 8 th /22 nd	OCT 13 TH /27 TH	NOV 3 rd /17 th	DEC 1 st /15 th

***Note:** You will experience a delay in the processing of your PST request if you have not followed the Step-by-Step Guideline. Please read and follow the [PST Request-
http://www.seal.navy.mil/pdf/pstrequest.pdf](http://www.seal.navy.mil/pdf/pstrequest.pdf) PST's are scheduled NLT 72hours prior to test time and date.

Time 0730

Arrive min 15 early to ensure you have time to warm-up. BE READY TO START THE PST @ 0730

LOCATION

SUBASE FITNESS CENTER POOL

DIRECTIONS

From Highway 3 (NAB Bangor/Trident Blvd exit), approx. $\frac{3}{4}$ mile to main gate. Continue for approx. 1 mile to Trigger Ave. Turn left onto Trigger for 1 mile to Ohio St., make left on Ohio St. approx. $\frac{1}{4}$ mile. Bangor gym/pool will be on the left @ Bldg 2700.

Gear List

Candidates are required to arrive 15 minutes early with the items listed below:

A copy your PST Confirmation email

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL**

candidates

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

NOTE:

Cancellations ASAP

Upon Successful completion of the PST

Candidate will be interviewed, *AW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
 - (2) Uniform of the day
 - (3) Original special request chit
 - (4) Military ID
 - (5) Service record
 - (6) Wavier(s) (See Waivers)
- * No exceptions

NOTE:

Cancellations ASAP

<mailto:motivators@navsoc.navy.mil>